

A MONTHLY PUBLICATION
OF MUSKEGON COMMUNITY
COLLEGE

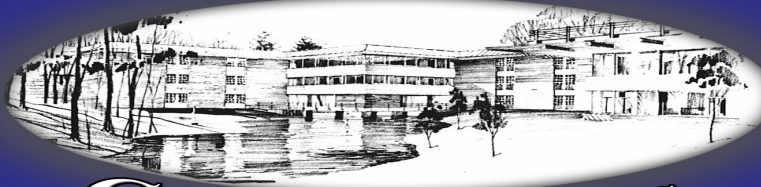
UPCOMING
DAYS OF
INTEREST:

- February 8—12—
Global Awareness
- February 14—
Valentine's Day

INSIDE THIS
ISSUE:

Global Awareness	2
SOS: Do you know what that means?	2
9 Healthy Habits to Improve Your Life	3
Helpful Hints from IT	4
Staff Development	4
Creative & Performing Arts	5
MCC Birthdays	6
MCC Bulletin Board	6

Campus



Connections

VOLUME 2, ISSUE 6

FEBRUARY 2010

Message from the President of Muskegon Community College

Hello colleagues. The month of February brings the last full month of winter along with a number of activities on campus that are of interest to us all. In my [January 2010 message](#), I made reference to some of the challenges facing community colleges in general and MCC in particular. In this month's message, I will briefly discuss some related issues and what they may yield.

The Strategic Planning and Master Planning processes are in full swing and available on the MCC website. Those active on strategic planning committees may go here to access information while the broader community and general public may go here to receive updates. The architectural firm Tower Pinkster was identified to assist with the master planning process and has begun touring campus and meeting with various campus constituencies. Please welcome them as they go about their duties. I continue to urge you to become a part of the processes and indeed, many of you have. Thank you for your hard work. Also, there have been a number of web postings and press releases about the direction of the College about issues ranging from possible new construction, to new athletic programs, to new and revised academic programs. Here is key information for you:

- With Board approval, the College recently submitted two proposals to the State of Michigan requesting funding for science (\$6.0 million) and art/new media (\$7.5 million). The science initiative would help fund laboratory space, an upgrade in the planetarium, and major equipment for the life sciences and related fields. The art/new media initiative would fund visual and performing arts facilities along with general classroom space. These proposals will follow the state capital outlay process, which can last up to eight months. There are no guarantees that these proposals will be approved, however, we are confident that they will receive a full and fair airing by the Governor and Legislature.
- The Board also approved a request to add several athletic programs, including men's and women's cross country, bowling, and soccer. The programs would cost approximately \$47,000 for staffing, tuition discounting, and equipment and up to \$10,000 for field upgrades. Revenues generated from these programs would exceed expenses. Like the instrumental music initiative, these programs are

expected to provide additional stabilization to our student headcount and new opportunities for our students.

Finally, and perhaps most importantly, the Michigan Senate Appropriations Subcommittee on Community Colleges will visit MCC later this month (February 26th). While individual legislators have visited the College, this is the first time in the 84 year history of the college that this subcommittee, which approves operating budget funding for MCC, has visited us. This is a notable event in that community college presidents, staff, and trustees from the west Michigan and lake-shore region of Michigan will also visit our campus to testify before the subcommittee. Please welcome our guests as they come to visit what we believe is the most beautiful of the 28 community college campuses in the state.

As usual, you may contact my office at 231-777-0303 or via email at dale.nesbary@muskegoncc.edu. Please continue to strive for excellence and enjoy the month of February.

Best regards,
Dale Nesbary, Ph.D.
President





Global Awareness 2010

Global Awareness Festival 2010 will be held the week of February 8-12 with focus on *The Americas*. The Global Awareness Festival at Muskegon Community College is a week-long event bringing the world a little closer to Muskegon. It includes lectures, discussions, a film festival, ethnic foods, an information fair, global entertainment, artifact displays, 200 flags, and much more! Come enjoy, learn, and experience another neighborhood of our global village.

For more information and a complete schedule see www.muskegoncc.edu/pages/1485.asp or contact Katherine Tosa 231-777-0376 Katherine.tosa@muskegoncc.edu

We look forward to your participation in Muskegon Community College's Global Awareness Festival!



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“Are you the exception the rare creature who actually can decipher these letter puzzles?”

SOS: Do you know what that means? Are you sure?

The web site *The Free Dictionary* lists 198 possible meanings for SOS, including Secretary of State (one for Hillary), strength of schedule (for sports fans), same old story (or song), and shoot on sight (ignore that one), as well as save

our ship (or MAYDAY which is not an acronym).

MCC (you got that one, right?), or our accreditation organization.

For good or for ill, we educators use acronyms a lot, often mistakenly thinking our audience knows what they mean. Are you the exception, the rare creature who actually can decipher these letter puzzles? Try figuring out what these ten acronyms mean.

- HLC
- IAC
- NCA
- PEAQ
- ASA
- OIT
- CAO
- C-E
- CSC
- SOS (yes, again).

Answers are on the MCC Bulletin Board.

Hint: all have to do with

By Anne Meilof and Richard Doctor, HLC self-study co-chairs





9 Healthy Habits to Improve Your Life

No. 1: Eat Breakfast Every Morning

Breakfast eaters are champions of good health. Research shows people who have a morning meal tend to take in more vitamins and minerals, and less fat and cholesterol. The result is often a leaner body, lower cholesterol count, and less chance of overeating. For kids, breakfast appears to enhance alertness, attention, and performance on standardized achievement tests, reports the ADA.

No. 2: Add Fish and Omega-3 Fatty Acids to Your Diet

The AHA recommends a serving of fish two times per week. Besides being a good source of protein and a food relatively low in the bad type of dietary fat called saturated fat, fish has omega-3 fatty acids -- which have been shown to reduce the risk of heart disease.

No. 3: Get Enough Sleep

Sleep is vital to good health and to mental and emotional well-being. Reports show that people who don't get enough slumber are more likely than others to develop psychiatric problems and to use health care services. Plus, sleep deprivation can negatively affect memory, learning, and logical reasoning. Make sure to get at least seven to 10 hours of slumber each night.

No. 4: Make Social Connections

Volunteer. Go to church. Join a club. Whatever you do, do it with people. Communal activities are

good for your physical and mental health. They also help improve mental functioning. Group activities can help keep the mind active and maintain desirable levels of serotonin -- the brain chemical associated with mood.

No. 5: Exercise for Better Health

Some of the advantages of exercise, per the National Cancer Institute include: helps control weight, maintains healthy bones, muscles, and joints, reduces risk of developing high blood pressure and diabetes, promotes psychological well-being, reduces risk of death from heart disease, and reduces risk of premature death. The short-term results of exercise include helping people to think and move better, manage stress, improve mood, and get an energy boost.

No. 6: Protect Your Skin

The sun has harmful ultraviolet (UV) rays that can cause wrinkles, dryness, and age spots. Overexposure can cause sunburn, skin texture changes, and skin cancers. To reduce the risk of skin damage, always wear sunscreen with SPF 15 or higher, wear a hat with brim and wear other protective clothing, don't deliberately sunbathe, avoid sun exposure between 10 a.m. and 3 p.m.

No. 7: Snack the Healthy Way

The ADA recommends five or more servings of fruits and vegetables a day as part of a healthy

diet. One way to incorporate fruits and veggies into your diet is to have them as snacks. They are low in calories and high in nutrients. The best time to snack is when you are hungry between meals. But beware: Cravings could easily be mistaken for hunger cues, especially for people who are dieting.

No. 8: Drink Water

The body needs water to keep properly hydrated and individuals vary widely in how much water they need. Joints need it to stay in motion, and vital organs such as the heart, brain, kidney, and liver need it to work properly. If you don't get enough water, the body goes into emergency mode, and clings to every single water molecule it can find, reports the University of Minnesota Water Resources Center. The stored molecules appear as extra weight. The weight is only released once the body gets enough water.

No. 9: Plan

There is, perhaps, no better word in the English language to better illustrate how you can incorporate healthy habits into your everyday life. A little planning will go a long way and help you to stay on track in establishing healthy habits.

Brought to you by Gallagher Benefit Services / Source: <http://www.webmd.com/balance/features/13-healthy-habits-to-improve-your-life>



“The more RAM your computer has, the happier it appears to be and the more your software will enjoy the computer.”

Registering is **IMPORTANT!** Lack of registrants may cause a training to be cancelled!

Sign up by emailing to: events@muskegoncc.edu

Before You Buy: How Much Laptop Hardware Do You Need?

3 of 9 in Series: [The Essentials of Buying a Laptop and Accessories](#)

The three basic items you want to mull over when you're shopping for a [laptop](#) computer and trying to match its [hardware](#) to the [software](#) you need are

The [microprocessor](#) is the laptop's main [chip](#). It's not "the brain"; your computer's software is the brain. It tells the microprocessor what to do. You want to ensure that you get a microprocessor that's plenty fast enough to deal with the [applications](#) you need *tomorrow*. It's worth the extra money to invest in a fast microprocessor now, which extends the useful life of your laptop by ensuring that you can run

tomorrow's software before tomorrow comes. Find a laptop with the fastest microprocessor you can afford, and then buy the next-most-expensive microprocessor. You'll be thankful later.

[Memory](#), or [RAM](#), is where the action happens in a computer, where the work gets done. The more RAM your computer has, the happier it appears to be and the more your software will enjoy the computer. Pack your laptop with as much RAM as you can afford now. For example, if you can afford 1024MB of RAM, get it. If you can afford 2048MB of RAM, get it.

The [hard drive](#) is the electronic closet where the

laptop stores your stuff. The hard drive must have room for the computer's operating system, all the software you get and later install, all the data [files](#) and junk you collect, plus room to grow (lotsa room). Again, the software you plan on using should tell you how much hard drive space it requires on the software box.

Read more: <http://www.dummies.com/how-to/content/before-you-buy-how-much-laptop-hardware-do-you-nee.seriesId-88784.html#glossary-microprocessor#ixzz0eJE4Sf0c> Copyright © 2010 & Trademark by [Wiley Publishing, Inc.](#) All rights reserved.

Submitted by Mindy Stevens

Staff Development Opportunities

[Remote Computer Connection](#)

Have you ever been in a meeting and needed access to your files back in the office? Well, instead of walking across campus and delaying your meeting you can remote connect from the computer in the meeting room to yours back in the office. It's like sitting at your desk and having your files at your finger tips.

Join Mindy Stevens on Friday, February 5 to learn how you can remote connect.

Friday, February 5

Two sessions available: 9 to 10 am or 10 to 11 am

Room L261

[What is Mail Merge?](#)

Mail merge is a software function describing the pro-

duction of multiple (and potentially large numbers of) documents from a single template form (such as excel) and a structured data source. Sound complicated? Nah, come find out how to utilize it!

Monday, February 15 from 2:30pm-3:30pm Room 1322

Staff Development Opportunities Continued

Hyperlinks and Beyond?

So you're familiar with hyper-linking to a website but did you know you can hyperlink from a word document to a website or to a total different file stored on a shared drive? Yes YOU CAN!...and

Mindy Stevens will show you how. Sign up to learn how to hyperlink using pictures, web addresses and plain text!

**Wednesday, February 24
from 9:30am-10:30am
Room 1322**

Registering is IMPORTANT! Lack of registrants may cause a training to be cancelled!

Sign up by emailing to: events@muskegoncc.edu

Submitted by Stacey DeBrot



THE CREATIVE & PERFORMING ARTS DEPARTMENT
MUSKEGON COMMUNITY COLLEGE
"Celebrating the human spirit through creative expression."

Creative & Performing Arts

Overbrook Art Gallery

"ECOS CULTURALES/ CULTURAL ECHOES II AND EL ARTE POPULAR MEXICANO: FOLK ART OF MEXICO"

Work by Mexican-American Chicago based artist/printmaker Rene Arceo and an exhibition on loan from the Kalamazoo Institute of Art featuring traditional Mexican Folk Art. This exhibit is linked to MCC's annual Global Awareness Festival.

January 11 - February 26 – Open Monday through Friday from 9:00 am – 4:00 pm

**Reception: Monday February 8
from 6:30-8:00 pm**

Lecture at 7:00 pm by Rene H. Arceo

MCC College Singers

MCC College Singers will perform **FOLK SONGS OF THE AMERICAS** during the Global Awareness Festival – Monday, February 8 AT 11:30 am in COLLEGIATE HALL

Overbrook Theater

The Importance of Being Earnest

by Oscar Wilde

Directed by Tom Harryman

February 17 – 20 at 7:30 pm, and
February 21 at 3:00 pm

Featuring Stephen Schmidt as Lady Bracknell

This masterpiece is probably the most famous of all comedies. It revolves wittily around

the most ingenious case of "manufactured" mistaken identity ever put into a play.

CALL 231-777-0324 FOR ADDITIONAL INFORMATION OR TO RESERVE YOUR TICKETS.

West Michigan Concert Winds

Winners and WINDS – Sunday,

February 28 at 4:00 pm

Reeths-Puffer High School Rocket Centre for the Fine Arts

WMCW.org

COMING IN MARCH ...

West Michigan Concert Winds

MOTOR CITY FESTIVAL OF BANDS – Sunday, March 14 at 3:00 pm

pm

Michael A. Guido Auditorium in the Ford Community & Performing Arts Center,

Dearborn, MI - WMCW.org

MCC College Singers

WINTER FESTIVAL CONCERT – Sunday, March 14 at 7:00 pm

Immanuel Lutheran Church - FREE AND OPEN TO THE PUBLIC

West Michigan Youth Symphony

SPRING CONCERT – Sunday, March 21 at 3:00 pm

Frauenthal Performing Arts Center – Downtown Muskegon, MI

youth@westmichigansymphony.org

Overbrook Art Gallery

PHOTOGRAPHIC WORKS EXHIBIT

"Painted Nails & Fairy Tales and the Adventures of Pookie MaGee" by MCC Adjunct Instructors Eleanor Gatewood and Stephanie Rose.

March 15 – April 21 – Open Monday through Friday from 9:00 am – 4:00 pm

Reception: March 22 from 6:00 - 8:00 pm Gallery Talk at 6:30 pm



Muskegon Community
College

**A Monthly publication of
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221 South Quarterline Road
Muskegon, Michigan 49442



MCC Birthdays

February

Bonnie Lipan
Jenny Klingenberg
Julie Solowy
Pat Devries
Sherri Deboef-Chandler
Mike Mieczkowski
Terri Jourden
Mike Vallie
Joyce Piggee
Larry Swisher
Pam Brown
John Leonard
Rick Hudson
Bill Tokarz
Tom Groner
Andy Wible
Conor Roddy
Joe Doyle

March

Mary Dyke
Jane Atwood
Rod VanNortwick
Eileen Grunstra
Kathy Beachum
Clark Bingham
Jon Brown
Richard Doctor
Tom O'Brien
Kathy Tosa
Cheryl Hite
Chris Patterson
Chris Donley
Judy Stonex
Georganne Myers
Robert Ross
Cathy Rusco
Larry Visconti
Victor Raczok
Richard Alexander
Jan Fields
Paula Halloran
Terri Hoffman-Forward
Dan Knue
Glenn Rutgers

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MCC's Bulletin Board

Acronym quiz answers (see page 2):

- HLC The Higher Learning Commission, our accrediting agency.
- IAC Instructional Affairs Council, one of our five councils.
- NCA North Central Association of Colleges and Schools (HLC is a part of this).
- PEAQ Program to Evaluate and Advance Quality (our self-study follows this).
- ASA Our Associate in Science and Arts degree
- OIT Office of Information Technology
- CAO Chief Academic Officer
- C-E Consultant Evaluators (the HLC people who will visit our campus next fall)
- CSC College Success Center
- SOS (again!) Student One Stop

Your score:

- 0-2 You may need the services offered in our CSC.
- 3-5 Be sure you read everything about our self-study such as this article.
- 6-8 You are well on your way to knowing what you should know.
- 9-10 You're so good it's scary (you just might be an over-user of acronyms).